

學校簡介

天普大學(Temple University)，是位於美國東岸賓夕法尼亞州費城的一所研究型大學，包含了商學院、法學院、醫學院、藥學院等十七所學院，十分鼓勵學生修習多元的課程。比起大學城，天普大學的校園更像是坐落在城市的街道之間，地理位置方便，校園旁邊就是主要幹道的N Broad Street，一旁就有地鐵站以及公車站，約15分鐘即可抵達市中心。因為學校對於國際化的重視，國際處的發展十分完善，每年都會有許多來自世界各國的交換生，並且提供各式各樣的資源以及活動幫助學生融入校園，是一所對於國際生十分友善的學校。

國外研修之課程學習（課內），另外推薦受益最多/最喜歡的課程

在天普大學這一個學期的期間我總共修習了四門課程分別是行銷概論(Introduction to Marketing)、領導與組織管理(Leadership and Organizational Management)、珠寶概論(Introduction to Jewelry)以及費城素描(Philadelphia Sketchbook)。

Introduction to Marketing 是由 Jan Gera 所授課，老師本身是一位非常幽默活潑的媒體行銷從業人員，比起課本上的理論，老師的上課方式更像是每次上課分享一個企業的行銷案例，像是去年的芭比電影、美國職棒等等，透過課程中的討論以及作業，讓大家對於行銷有更多的概念跟想法。雖然這門課幾乎每周都有 1~2 份報告，而且老師都會要求大家身為 marketing people 應該用更為有趣的模板，當作是一次次的行銷提案一樣繳交，但是對我來說，這門課讓我快速的認識了美國的各種文化，甚至老師也會根據時事調整上課內容，像是在學期中遇到可口可樂推出新口味，老師也立馬讓我們去做相關的研究，並且將該商品帶到課堂上與我們分享，是一門十分受學生喜愛的課程。

Leadership and Organizational Management 我選的是 Park Junghwan 教授，這門課的前半部分跟管理學和策略管理有很多重疊的部分，對於管院學生來說應該是相對的得心應手。一個學期總共會有四次考試和四次作業，雖然次數不多，但作業對我而言還是有些負擔，需要花費許多的時間蒐集資料和分析，讓人不禁感嘆難怪天普的商學院比起其他學院需要更高的修習門檻。

Introduction to Jewelry 則是由 Adam Atkinson 教授所帶領，在 Tyler School 有專門的珠寶工作室，並且每個學生都可以租借所有的工具來完成自己的作品。比起珠寶課，我更傾向將這門課稱為金工課，整個學期總共產出壓克力金屬徽章、戒指以及手鍊三個作品，一開始一直以為老師對於作品的說明十分空泛，不大知道到底應該做些什麼，我還曾經因為設計太簡單被老師要求加入更多自己的元素，但 Adam 其實是一個很鼓勵學生發揮創意及想像力的老師，只要跟他提出想法，他都會很用心地跟你討論該如何製作，甚至私下教學生一些課堂上沒有說過的技巧，並且總是給予許多的正面回饋。雖然 Adam 對於學生有較多的要求，也會要求學生每個禮拜至少額外花一個小時進工作室完成作品，但我覺得這門課帶給我的是除了珠寶製作外還要更多的收穫。

Philadelphia Sketchbook 是一門帶領學生走到各個費城角落寫生的課程，我的教授 Sarah Roche，是一位除了教學生外，平常也在費城美術館為作品編輯標籤的老師。儘管對於有些人來說每次的交通費和門票可能是一筆小支出，我仍然非常推薦交換生在交換的期間選擇這門課程，就像是利用課堂時間同時到費城的各個景點旅遊，我們通常會先在一個地點標集合後，再分散到各個自己喜歡的角落繪畫，並在期中和期末進行兩次的分享，和同學互相交流作品。雖然一開始也很擔心自己不是一個非常擅長畫畫的人，但 Sarah 總是給予許多正面的回應，同時也會分享可以怎麼畫會更好，並且讓我在回國後依舊會想要藉由素描來記錄自己的生活。

實際上每個課程的內容可能都會因為授課老師而不同，學校的選課系統也沒辦法在加選成功前看到課綱，非常推薦可以利用 Rate My Professors 這個網站，可以看到過往學生的評價，在選課上也會更加輕鬆。

國外研修之生活學習（課外）

天普大學經常安排各式各樣的活動，像是國際處每個月都會舉辦的 international coffee hour，讓大家可以藉由簡單的食物以及活動認識不同的文化以及國家，同時也有舉辦歡迎派對、結業典禮等

等來認識來自各個地方的朋友們。

另外，出國交換最重要的就是一切都要學著靠自己，自己煮飯、自己規畫旅遊、遇到問題自己解決等等，在這短短的一個學期內，除了精進自己的廚藝之外，我也去了紐約、波士頓、華盛頓、奧蘭多和舊金山這五個城市，雖然都在美國，每個城市卻都又著自己的獨特風情，非常值得去探索和體驗。

交換/研修之具體效益（請條列式列舉）

1. 外語表達能力提升，對於口說有更多的自信
2. 商管知識增加，比較兩邊的教學方式
3. 對於不同國家文化的認識與學習
4. 開拓國際視野
5. 更加勇於和陌生人對談、聊天

海外生活期間是否曾遭遇困境，及是否解決問題？如是，請說明如何解決問題；如未解決，請說明事件最大的啟發及思考未來可以怎麼解決？

因為在出發前就有了解美國的治安問題，尤其費城不算是太安全的城市，走在路上都十分提心吊膽，但實際生活過幾個月之後，大概知道哪些區域比較危險都會盡量避開，發現其實不要主動招惹到他們，並不會有太大的危險，只要自己抱有警戒心，並且盡量結伴行動，其實並沒有想像中的可怕。

海外生活期間是否曾遭遇文化衝擊，您如何去面對及適應？

由於美國實在是一個超級文化大熔爐，實際上大家對於不同的文化都非常的尊重且包容，在出發前我也有做過許多的功課，因此對於當地的文化沒有太多的不適應。唯一比較帶給我影響的也許是當地的學生真的說話直接並且在乎自己的權益，像是在我的其中一門課上，就有學生舉手質疑老師不應該在考試前一堂課才進行考前複習，這樣他沒有足夠的時間準備，也許對我們而言，通常都會在考前複習之前就開始讀書準備考試，他們卻會覺得他們只想讀老師說會考的地方不想浪費時間，聽完當下覺得天啊怎麼會有人說出這樣的話，但對其他人而言這樣的情況卻像是常態，不會有人覺得這樣的要求有任何的不妥。後來發現生活中常常有類似的例子出現，但其實他們也只是比較有話直說，常常也會因為這樣而爭取到意想不到的結果，讓人感受到原來有吵有糖吃都是真的，因此我也變得更敢提出要求，為自己的想法發聲。

海外生活歷練是否為您人生帶來不一樣的改變或者個人特質上的轉變，最大的成長是什麼？

我認為這段海外交換的經歷帶給我最重要的就是獨立自主的能力、開拓自己的視野以及因為 small talk 文化讓我更勇於跟陌生人交談，同時也因為大家對於別人都會毫不吝嗇地給予讚美以及尊重，也讓我對自己有更多的自信。

您認為獎學金對您海外研修最大的幫助是什麼？有無獎學金是否會改變您的出國計畫？

雖然在出國前就已經了解美國物價的高昂，也已經做好需要花費不少金錢的打算，但獎學金的補

貼依舊減輕了部分出國的負擔，至少對我來說已經可以支付來回的機票費用，省去了一小筆的開銷。

感言及心得感想

雖然在申請交換計畫時曾經猶豫不決，對於隻身前往美國也充滿緊張和擔心，但在經歷了這幾個月交換生活後，我跟身邊的每個人都說我覺得超級值得！

首先是真的有機會實際的體驗所謂的美式生活，比起旅遊，可以有更多的體驗。像是聽聞許久的美式教育，可以明顯感受到老師跟學生的關係更為平等，老師非常喜歡跟學生交流和互動，教學方式也更加的開放，但可以感受到在這邊的課業也是相對的重，通常三學分的課程，都會需要三個小時的授課以及額外六個小時複習和處理報告考試才足以負擔。

同時，我也很喜歡學校提供的各種資源，比如每周都可以在 success center 預約各種語言家教練習自己的口說和寫作、學校體育館免費開放給所有的天普學生並且每天都有不同的團體課程(像是飛輪、瑜珈、有氧舞蹈等等)、以及各式各樣的活動，包含情人節和復活節的慶祝活動、期末紓壓派對，甚至帶大家去看百老匯等，都是我們常常去體驗的。

其次，參加交換的最大好處就是可以支付母校的學費修習國外的課程，因為我的必修以及畢業學分都已經完成，於是選了幾門跟主修沒有關聯的體驗課程，像是珠寶課跟寫生課，我也有其他朋友選了匹克球、擊劍甚至是音樂剪輯創作等等，都是在台灣比較不容易有接觸的課程，我們都覺得自己從中收穫許多，也不只是玩樂而已。

另外，在這一個學期的期間，我也透過春假以及周末造訪許多城市，嘗試當地食物、從中窺探更多的美國文化以及風情，拓展國際視野，也從中學著培養包容不同文化的胸襟，後悔著自己不應該只去一個學期！

英文心得(包含學校簡介、課程學習、生活學習、具體效益、心得感想等等)

<School Intro>

Temple University, located in Philadelphia, Pennsylvania on the east coast of the United States, is a research university with seventeen schools and colleges, including the School of Business, School of Law, School of Medicine, and School of Pharmacy. The university encourages students to take a diverse range of courses. Unlike a typical college town, Temple University's campus is more integrated into the city's streets, offering convenient access. Located next to the main thoroughfare, N Broad Street, the campus is adjacent to subway and bus stops, making it about a 15-minute commute to downtown. Due to the school's emphasis on internationalization, the international office is highly developed, hosting numerous exchange students from around the world each year. They provide a variety of resources and activities to help students integrate into campus life, making it a very welcoming school for international students.

<Courses>

During my semester at Temple University, I took four courses: Introduction to Marketing, Leadership and Organizational Management, Introduction to Jewelry, and Philadelphia Sketchbook.

Introduction to Marketing was taught by Jan Gera, a lively and humorous media marketing professional. Rather than focusing on textbook theories, the instructor shared real-world marketing cases in each class, such as last year's Barbie movie and Major League Baseball. Through class discussions and assignments, we gained deeper insights and ideas about marketing. Although this course required 1-2 reports almost every week and the instructor expected us to submit them in an engaging format, as if they were marketing proposals, it helped me quickly understand various aspects of American culture. The instructor even adjusted the course content based on current events, like when Coca-Cola released a new flavor. He brought the product to class for us to study, making it a highly popular course among students.

Leadership and Organizational Management, taught by Professor Park Junghwan, overlapped significantly with management and strategic management in the first half. For business school students, this course was relatively manageable. There were four exams and four assignments throughout the semester. Although the workload was not extensive, the assignments required considerable time for research and analysis, highlighting the high academic standards of Temple's business school.

Introduction to Jewelry, led by Professor Adam Atkinson, was held in a dedicated jewelry studio at Tyler School. Each student could borrow all the tools needed to complete their projects. I produced three pieces throughout the semester: an acrylic metal badge, a ring, and a bracelet. Initially, I found the instructor's project descriptions vague and was unsure what to create. Once, my design was deemed too simple, and I was encouraged to add more personal elements. However, Adam was supportive of student creativity and imagination. He was always willing to discuss ideas and offer guidance on how to execute them, even teaching techniques not covered in class. Despite his high expectations and requirement for students to spend at least an extra hour in the studio each week, this course provided valuable skills beyond jewelry making.

Philadelphia Sketchbook was a course that involved sketching various Philadelphia landmarks. My professor, Sarah Roche, who also works at the Philadelphia Museum of Art, guided us through the city. Although transportation and admission fees were a minor expense for some, I highly recommend this course to exchange students. It offered a unique way to explore Philadelphia's attractions during class time. We usually gathered at a landmark before dispersing to our chosen spots to sketch. Mid-term and final presentations allowed us to share and discuss our work. Although I initially worried about my drawing skills, Sarah's positive feedback and suggestions encouraged me to continue sketching even after returning home.

Course content can vary depending on the instructor, and the course selection system doesn't show syllabi

until after enrollment. I recommend using the website Rate My Professors to view past student reviews, making course selection easier.

<Extracurricular Learning>

Temple University frequently organizes various activities, such as the international coffee hour hosted by the international office each month. These events, including welcome parties and graduation ceremonies, provide opportunities to learn about different cultures and countries while making friends from around the world.

Additionally, studying abroad requires self-reliance: cooking, planning trips, and solving problems independently. During this semester, I not only improved my cooking skills but also visited New York, Boston, Washington D.C., Orlando, and San Francisco. Each city has its unique charm, making them worth exploring and experiencing.

<Specific Benefits>

1. Improved language proficiency, gaining more confidence in speaking.
2. Enhanced business management knowledge, comparing teaching methods between countries.
3. Greater understanding and learning of different cultures.
4. Broadened international perspective.
5. Increased confidence in conversing and interacting with strangers.

<Reflections and Insights>

Despite initial hesitation and concerns about traveling to the United States alone, I now tell everyone that this experience was incredibly worthwhile. I had the opportunity to truly experience American life beyond tourism, appreciating the more equal and interactive relationship between teachers and students in the American education system. Although the coursework was demanding, with a three-credit course requiring three hours of instruction and an additional six hours for review and assignments, the resources offered by the school were invaluable. The success center provided weekly language tutoring, the gym offered free access and various group classes, and there were numerous events like Valentine's Day and Easter celebrations, stress-relief parties, and Broadway shows.

Participating in an exchange program allowed me to pay my home university's tuition while taking courses abroad. Since I had completed my required credits, I chose unique courses unrelated to my major, such as jewelry making and sketching. My friends also took courses like pickleball, fencing, and music editing, which are less accessible in Taiwan. We all felt that these experiences were enriching, not just for fun.

During the semester, I also visited many cities during spring break and weekends, trying local foods and immersing myself in American culture. This broadened my international perspective and taught me to embrace different cultures. I regret not staying for more than one semester!